



Healthy Eating and Food Safety Policy

Safe and healthy food is the key to physical and mental health

1. School Healthy Food and Food Safety Policy:

- 1.1 Policy Requirements: Schools must develop and implement a healthy eating and nutrition policy, in line with ADEK's Healthy Eating and Food Safety Policy. The policy must be:
1. The school should provide healthy food choices and encourage healthy and sustainable meal practices, and the steps to take in relation to this, including:
 - A. Measures to promote a conducive environment for healthy eating in line with Section 2. Promote healthy and sustainable eating.
 - B. Adhere to the dietary standards set out in the Abu Dhabi Guide to Food Canteens in educational institutions, if the school provides food service.
 - C. Measures for active supervision of students during snack/meal times to:
 - 1) Make sure students consume acceptable foods (e.g., don't bring allergens that might harm other students, etc.).
 - 2) Make sure all students get a meal every day (unless fasting).
 - 3) Be vigilant about food-related behavior (eating disorders, food-related bullying, etc.).
 - D. Measures to improve the sustainability of food consumption practices, in line with the school's sustainability strategy.
 2. Determine the school's commitment to compliance with the hygiene and food safety standards set out in the Abu Dhabi Food Canteen Guide in educational institutions regarding food preparation, packaging, transportation and handling.
 3. Establish measures for joint events by the school to ensure that certain food items (such as alcohol, soft drinks, ham, and allergens are prohibited). Schools have the right to adhere to more stringent co-events procedures, to ensure stricter guidelines for healthy eating and/or sustainable practices.
 4. Identify measures taken by the school to promote the inclusion of minority groups and the safety of students with allergies and food intolerances
 5. It is published on the school's website and made available to staff, students, vendors and parents.



2. Promote healthy eating :

2.1 Promoting healthy food: Schools should create a healthy food culture that encourages a healthy food environment of nutrient-rich foods for all members of the school community.

1. It is forbidden to consume unsafe foodstuffs such as those containing allergens (such as nuts) for personal consumption or distribution in school premises.

2.2 Healthy Food Services: Schools providing food services must provide students and staff with healthy and nutrient-rich food in line with the requirements of the Abu Dhabi Food Canteen Guide in educational institutions.

1. Schools must obtain the necessary valid licenses and keep records and notices of inspection.

2.3 Nutrition Education: Schools should provide nutrition education to students through formal curricula and other engagement strategies (such as competitions and workshops) to enable them to make active and informed choices. Schools should ensure that the curriculum covers the following topics, at a minimum:

1. Healthy and balanced eating.
2. Read food labels.
3. Sustainable meal practices.

2.4 Staff Awareness: Schools must ensure that teachers and canteen staff attend training conducted by the Abu Dhabi Public Health Centre (ADPHC) and other relevant entities regarding healthy eating, to enable them to promote healthy eating when supervising and/or interacting with students.

2.5 Parental involvement:

1. Schools should share guidance with parents regarding healthy and balanced eating. These guidelines should include food restrictions (such as allergens such as nuts and caffeinated beverages) as stipulated by the Abu Dhabi Quality and Conformity Council (QCC) and "unhealthy" foods that the school recommends parents avoid packaging (e.g. fried foods). Schools must refer to

the guidelines contained in the agreement between the school and parents, in accordance with [the Department of Education and Knowledge for Parents](#).

2. Schools must share with parents any relevant guidelines shared by ADEK, Abu Dhabi Public Health Center, Abu Dhabi Quality and Conformity Council, Abu Dhabi Agriculture and Food Safety Authority or Department of Health regarding children's health, nutrition and sensitivity.
3. For events where food sharing is approved by ADEK, schools must inform parents that any food brought must adhere to the Abu Dhabi Guide to Food Canteens in Educational Institutions.
4. Schools must inform parents of all food-related concerns (all cases listed in [Section 1.1.c](#)) on the same day they notice the problem.

3. Food Service

- 3.1 Quality Inspection and Compliance: Schools adhere to the guidelines for food canteens in Abu Dhabi In educational institutions and Federal Law No. Resolution No. (10) of 2015 on food safety in the provision of food services.
- 3.2 Food delivery services: Schools do not allow students to use outdoor food delivery services (such as Talabat) during school hours.
- 3.3 Student feedback: Schools should involve the student body in planning and improving school food services (e.g ., through feedback forms).

4. Special considerations

- 4.1 Minority Consideration: Schools must take into account the religious, cultural and moral needs of groups minorities, These groups should be involved in decision-making on food services and the use of food labels.
- 4.2 Consideration of students with food allergies and intolerances:
 1. Schools are taking the following measures to support students with allergies, in line with the requirements of the Abu Dhabi Guide to Food Canteens in Educational Institutions:



- A. Keep records of food allergies and student intolerances and keep a copy of the records in the school canteen.
 - B. Ensure that food labels provide allergen warnings in food served through school food services.
2. In addition , schools must:
- A. Consider sensitivity and student intolerance when planning school activities and meals to ensure that the basic food offer fits as many students as possible or with minor adjustments.
 - B. Require parents to notify the school immediately if their child develops allergies and provide the relevant medications to the school.
 - C. Share students' food allergy records with relevant staff, parents and students to reduce the risk of accidental exposure to allergenic food.
 - D. Conduct risk assessments related to student sensitivity and implement appropriate risk mitigation measures.
 - E. Have procedures for effectively managing students' allergic reactions , including clear procedures for dealing with severe allergic reactions.
 - F. Name and store medications needed to appropriately manage student allergies.

School Administration